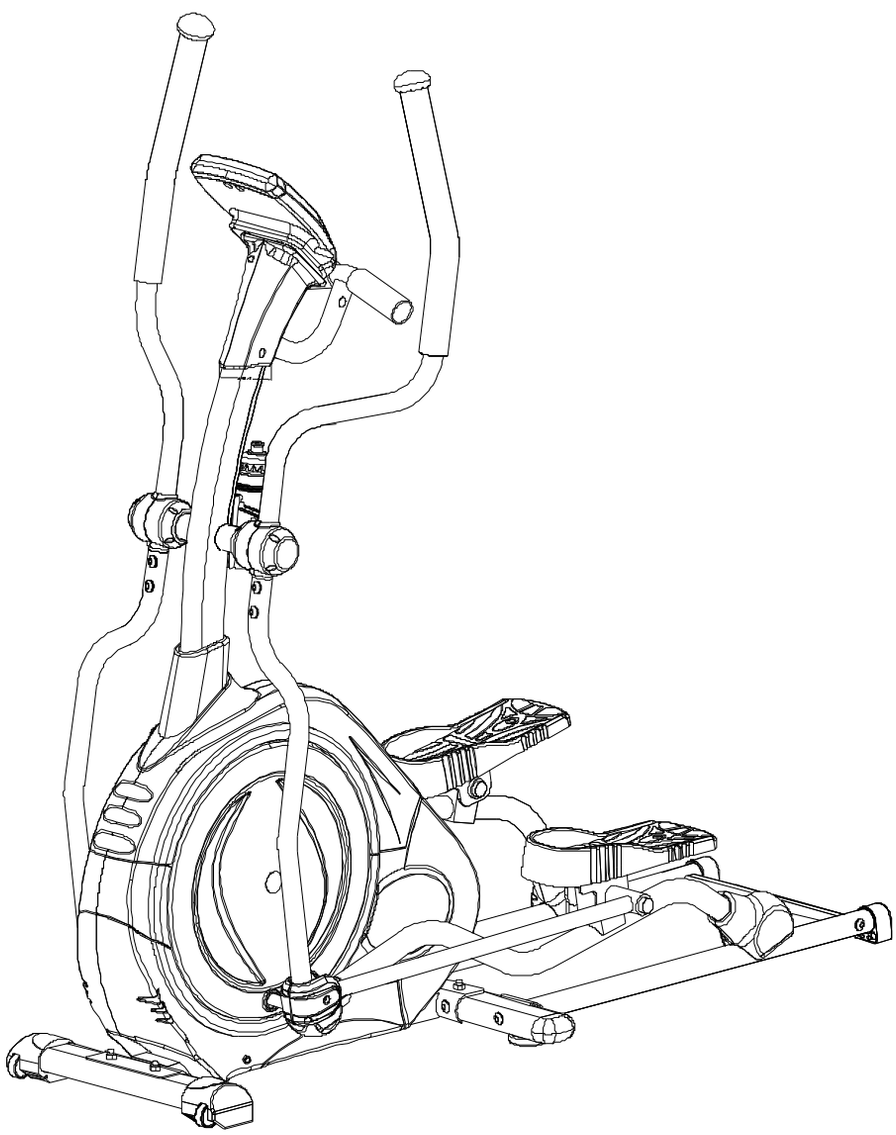
BODYWORX

Front Drive Elliptical

Model No: E750



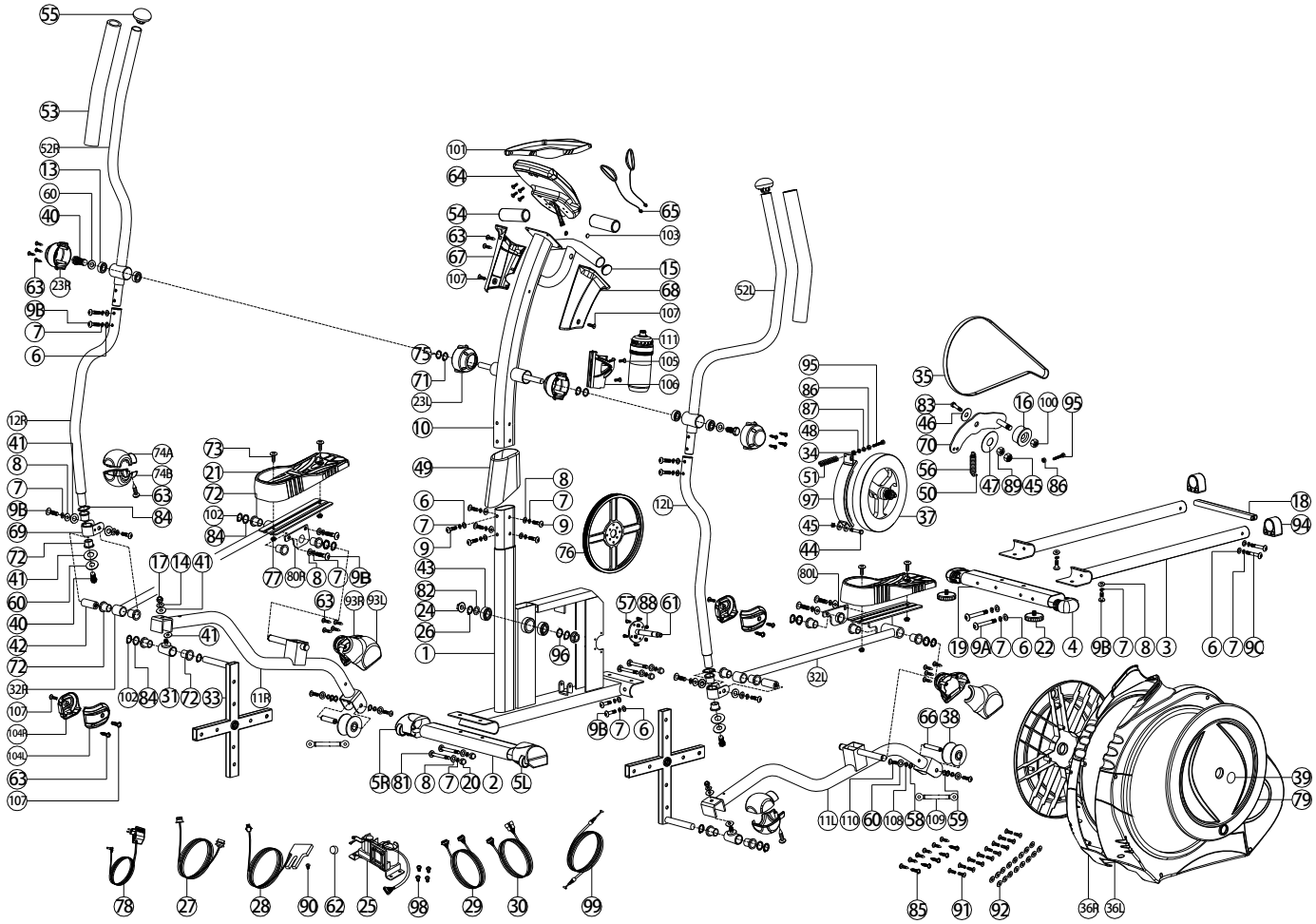
Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

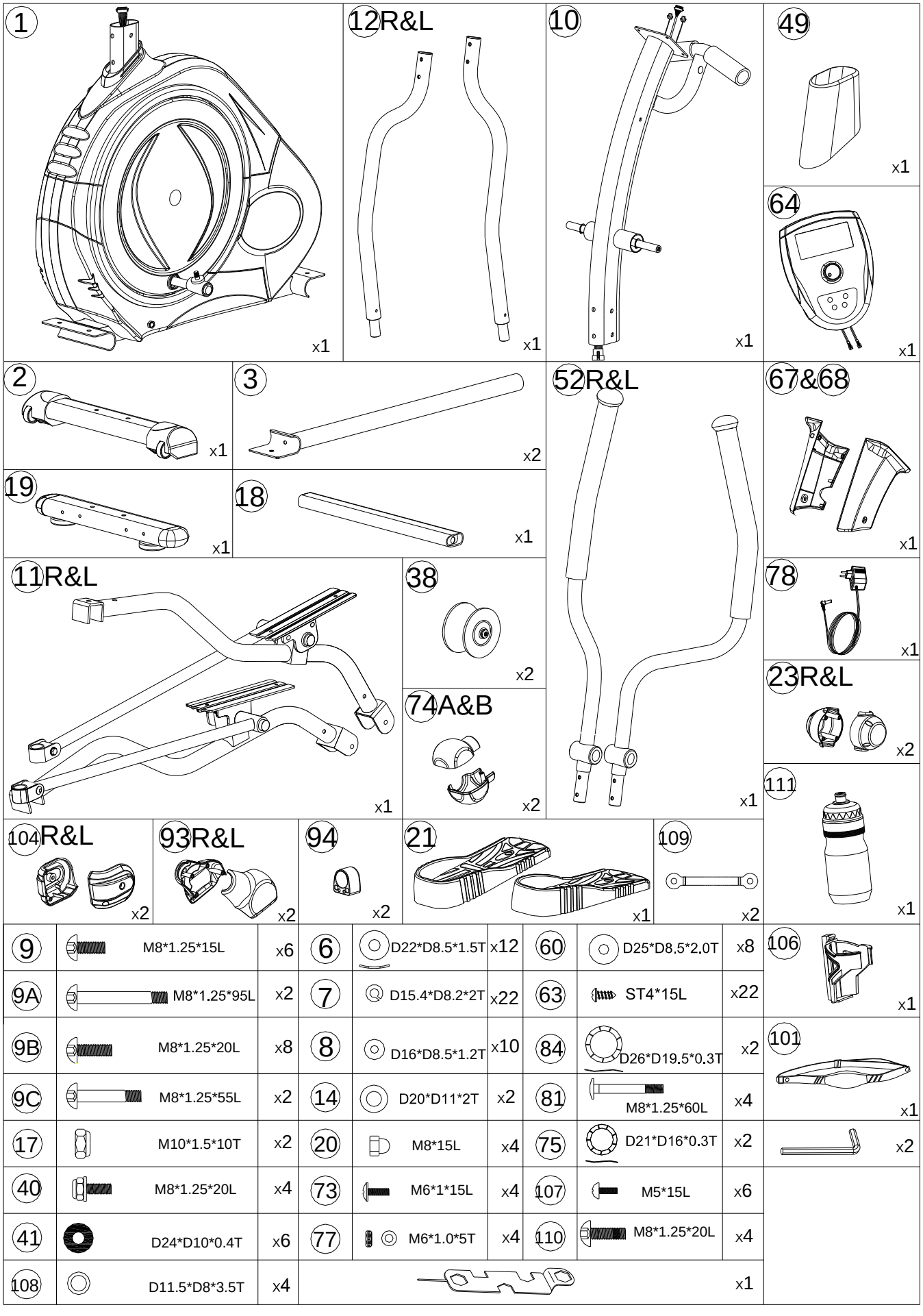
Safety Instructions

- To ensure the best safety of the exerciser, regularly check on damage and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at any given time.
- Before the first use, regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility due to situations that may arise where the exerciser has not been designed to tolerate children's natural playful instincts and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration to assess their psychological and physiological development as well as their character. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in stable way and that any possible unevenness of the floor is leveled out.
- Always wear appropriate clothing and shoes suitable for your workout on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the workout due to their form (for example, length). Be sure to wear appropriate shoes suitable for the workout, ensure that they firmly support their feet and have an anti-slip surface sole.
- Be sure to consult a physician before you start any exercise program. He/She may give you proper hints and advice with respect to the individual's intensity of stress for the workout and sensible eating habits.
- Be sure to set up the exerciser in a dry, flat surface and always protect it from humidity if you wish to protect the surface against pressure points and contamination. It is recommended to put a suitable, non-slip mat under the exerciser.
- The general rush is that exercisers and training devices are not toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your workout immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in the presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When fine-tuning the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals

Exploded drawing:



Checking list:

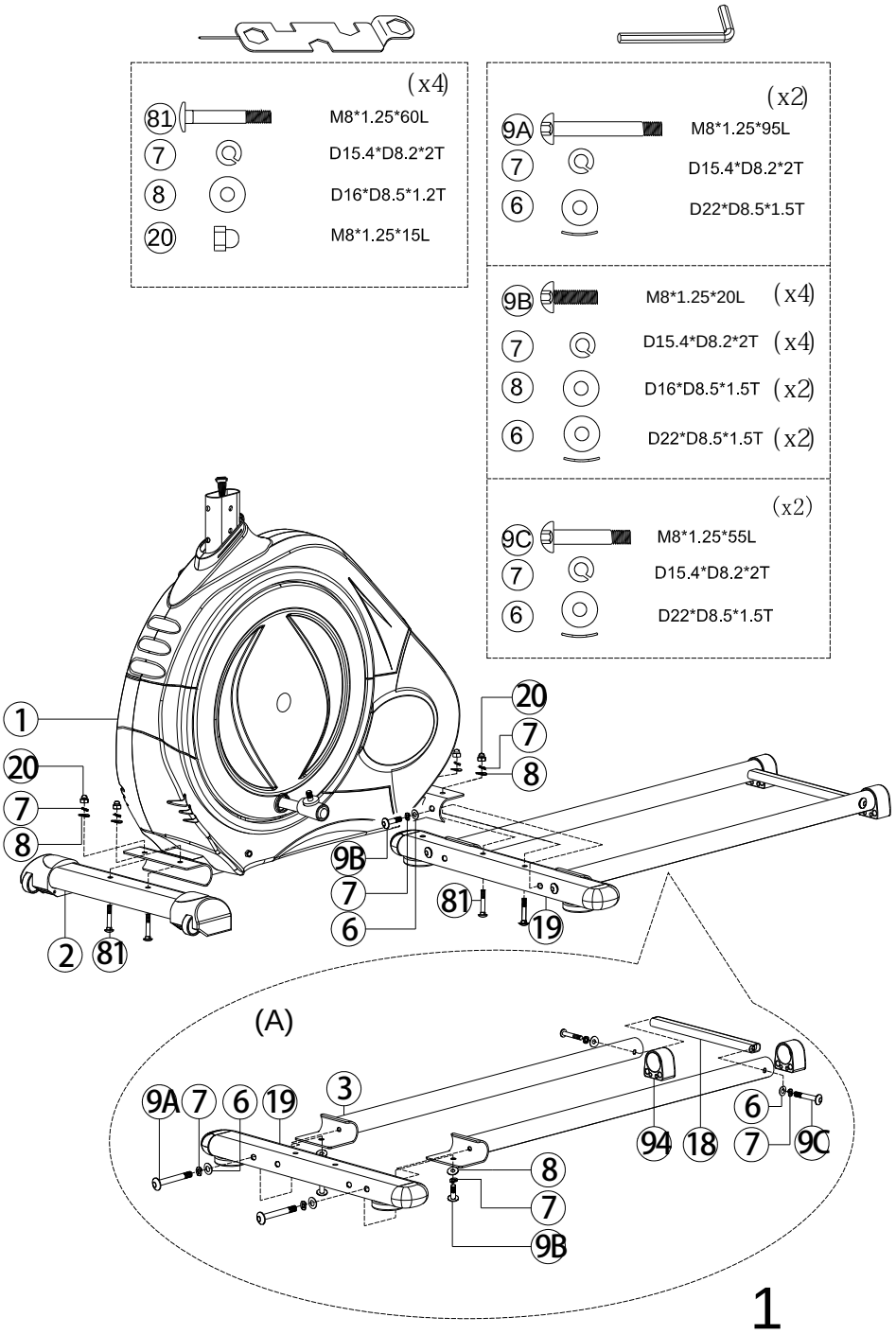


Part list:

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	53	Foam (HDR) D30*3T*500L	2
2	Front stabilizer	1	54	Foam (HDR) D30*4T*125L	2
3	Sliding beam	2	55	Mushroom cap D1 1/4"*45L	2
4	Oval cap	2	56	Spring D3.5*D18*52L	1
5L	Left foot cap	1	57	Bolt M6*1.0*15L	4
5R	Right foot cap	1	58	C-ring S-15 (1T)	4
6	Curved washer D22*D8.5*1.5T	12	59	Waved washer D21*D16.2*0.3T	2
7	Spring washer D15.4*D8.2*2T	30	60	Flat washer D25*D8.5*2.0T	6
8	Flat washer D16*D8.5*1.2T	18	61	Crank axle	1
9	Allen bolt M8*1.25*15L	6	62	Round magnet	1
9A	Allen bolt M8*1.25*95L	2	63	Screw ST4*1.41*15L	22
9B	Allen bolt M8*1.25*20L	16	64	Computer	1
9C	Allen bolt M8*1.25*55L	2	65	Handle pulse	2
10	Handlebar post	1		Handle pulse cable 520L	2
11L	Supporting tube for left pedal	1	66	Axle of wheel	2
11R	Supporting tube for right pedal	1	67	Left computer bracket	1
12L	Supporting tube for left movable handlebar	1	68	Right computer bracket	1
12R	Supporting tube for right movable handlebar	1	69	Joint	2
13	Bushing D35*11	4	70	Fixing plate for idle wheel	1
14	Flat washer D20*D11*2T	2	71	C-ring S-16 (1T)	2
15	Mushroom cap D1 1/4"*29L	2	72	Bushing	18
16	Idle wheel	1	73	Bolt M6*1*15L	4
17	Nylon nut M10*1.5*10T	2	74A	Upper axle cover	2
18	Connecting tube	1	74B	Lower axle cover	2
19	Rear stabilizer	1	75	Waved washer D21*D16*0.3T	2
20	Domed nut M8*1.25*15L	4	76	Belt	1
21	Pedal	2	77	Nut M6*1.0*5T	4
22	Adjustable round wheel	2	78	Adaptor	1
23L	Upper cover (left)	2	79	Round chain cover	2
23R	Upper cover (right)	2	80L	Enforcing plate of left pedal	1
24	Anti-loose nut M10*1.25*7T	2	80R	Enforcing plate of right pedal	1
25	Motor	1	81	Square neck bolt M8*1.25*60L	4
26	C-ring D22.5*D18.5*1.2T	2	82	Flat washer D26*D21*1.5T	1
27	Electric cable 400L	1	83	Bolt M8*1.25*25L	1
28	Sensor cable 50L	1	84	Waved washer D26*D19.5*0.3T	8
29	Upper computer cable	1	85	Screw ST4.2*1.4*20L	11
30	Lower computer cable	1	86	Nut M6*1*6T	2
31	Rolling axle	2	87	Nylon washer D6*D19*1.5T	1
32L	Bracket for left pedal	1	88	Nylon nut M6*1.0*6T	4
32R	Bracket for right pedal	1	89	Nut M8*1.25*6T	1
33	Crank	2	90	Bolt M5*0.8*10L	1
34	Nylon nut M6*1*6T	1	91	Screw ST4*1.41*15L	16
35	Multi-groove belt	1	92	Flat washer D12*D4.3*1T	16
36L	Left chain cover	1	93L	Rear axle over (left)	2
36R	Right chain cover	1	93R	Rear axle cover (right)	2
37	Flywheel	1	94	Foot cap	2
38	Wheel	2	95	Bolt M6*65L	2
39	Side cover	2	96	Waved washer D27*D21*0.3T	1
40	Bolt M8*1.25*20	4	97	Fixing bracket for magnet	1
41	Plastic flat washer D10*D24*0.4T	10	98	Screw ST4.2*1.4*15L	4
42	Axle	2	99	Tension cable D1.5*230L	1
43	Bearing #6004ZZ	2	100	Anti-loosen nut M10x1.5*10T	1
44	Bolt M8*52L	1	101	Chest belt	1
45	Nylon nut M8*1.25*8T	2	102	C-ring D21.5*D17.5*1.2T	8
46	Flat washer D25*D8.5*2.0T	1	103	Plug	2
47	Plastic flat washer D50*D10*1.0T	1	104L	Left cover for universal joint	2
48	Flat washer D13*D6.5*1.0T	1	104R	Right cover for universal joint	2
49	Handlebar post cover	1	105	Bolt M5*0.8*15L	2
50	Plastic cover of spring	1	106	Bottle holder	1
51	Spring	1	107	Screw M5*0.8*15L	6
52L	Left movable handlebar	1	108	Spacer D11.5*D8*3.5T	4
52R	Right movable handlebar	1	109	Belt for wheel	2
			110	Bolt M8*1.25*20	4
			111	Bottle	1
			112	Bottle holder	2

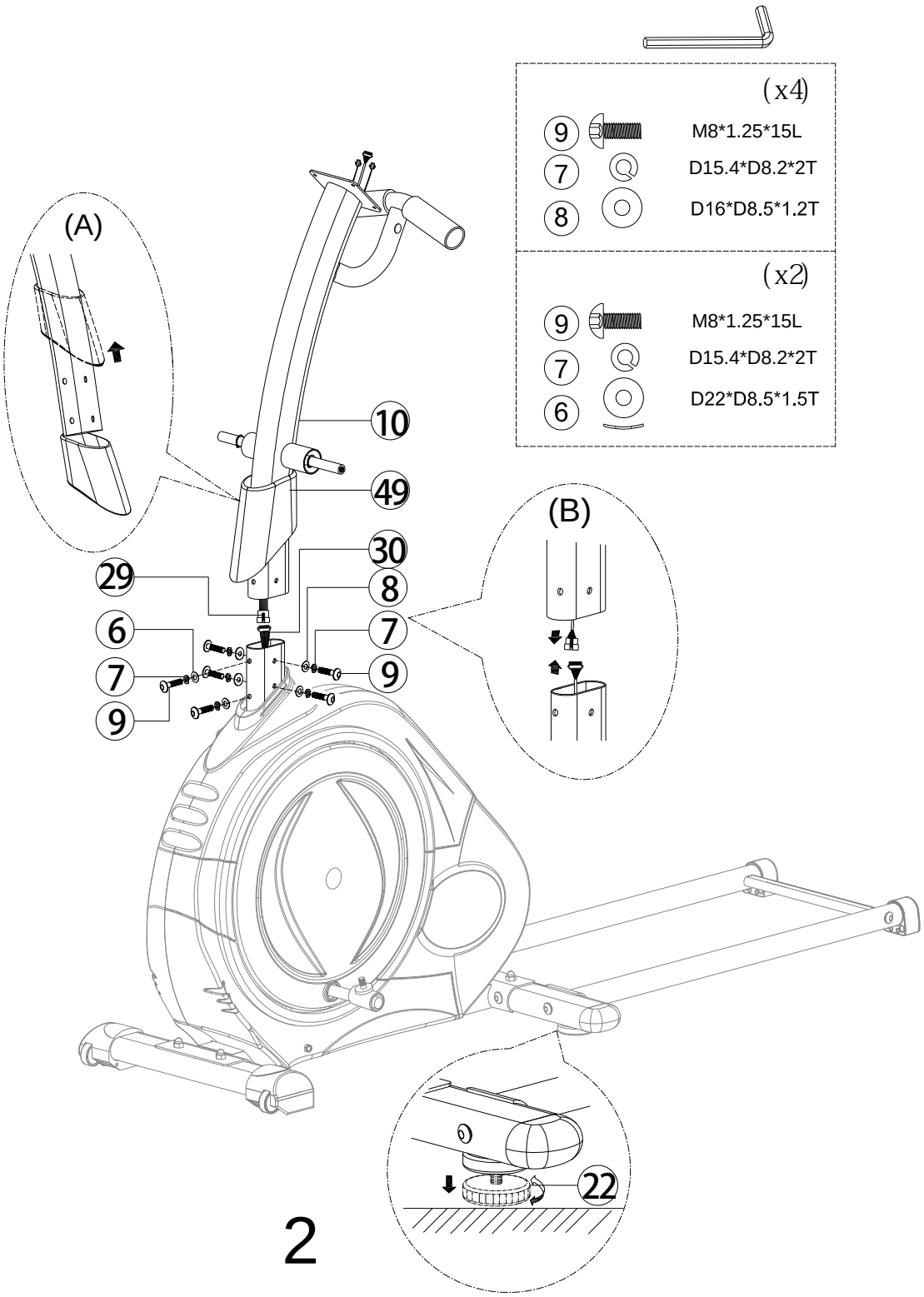
Assembly drawing:

Step 1



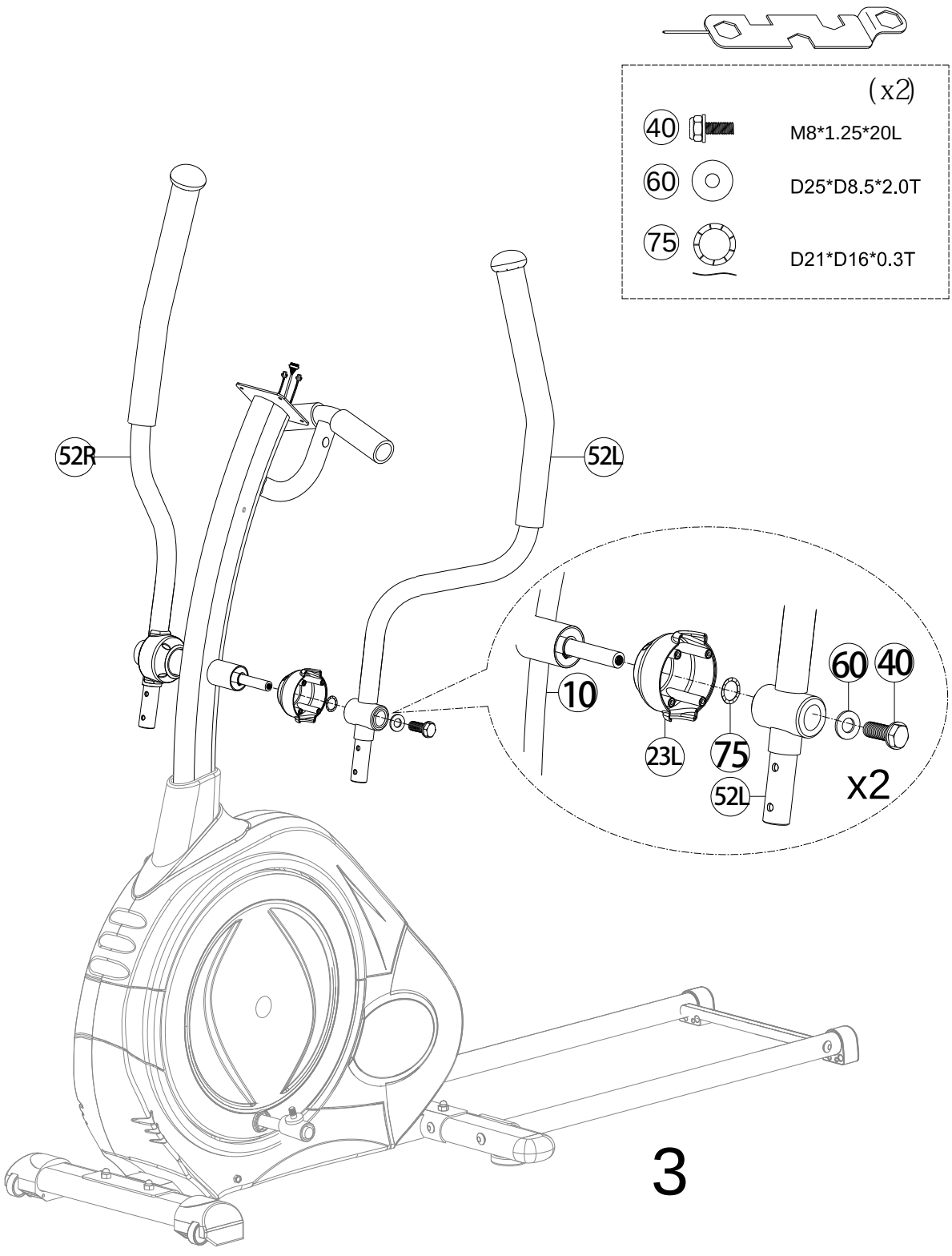
1) Assemble the sliding beam (3) to the rear stabilizer (19) by the Allen bolt (9A), the Allen bolt (9B), the curved washer (6), the spring washer (7) and the flat washer (8).
2) Assemble the connecting tube (18) to the sliding beam (3) by the Allen bolt (9C), the curved washer (6) and the spring washer (7).
3) Assemble the foot cap (94) to the sliding beam (3).
4) Assemble the front stabilizer (2) and the rear stabilizer (19) to the main frame (1) by the square neck bolt (81), the spring washer (7), the flat washer (8) and the domed nut (20).
5) Fix the rear stabilizer (19) to the frame (1) by the Allen bolt (9B), the curved washer (6) and the spring washer (7).

Step 2



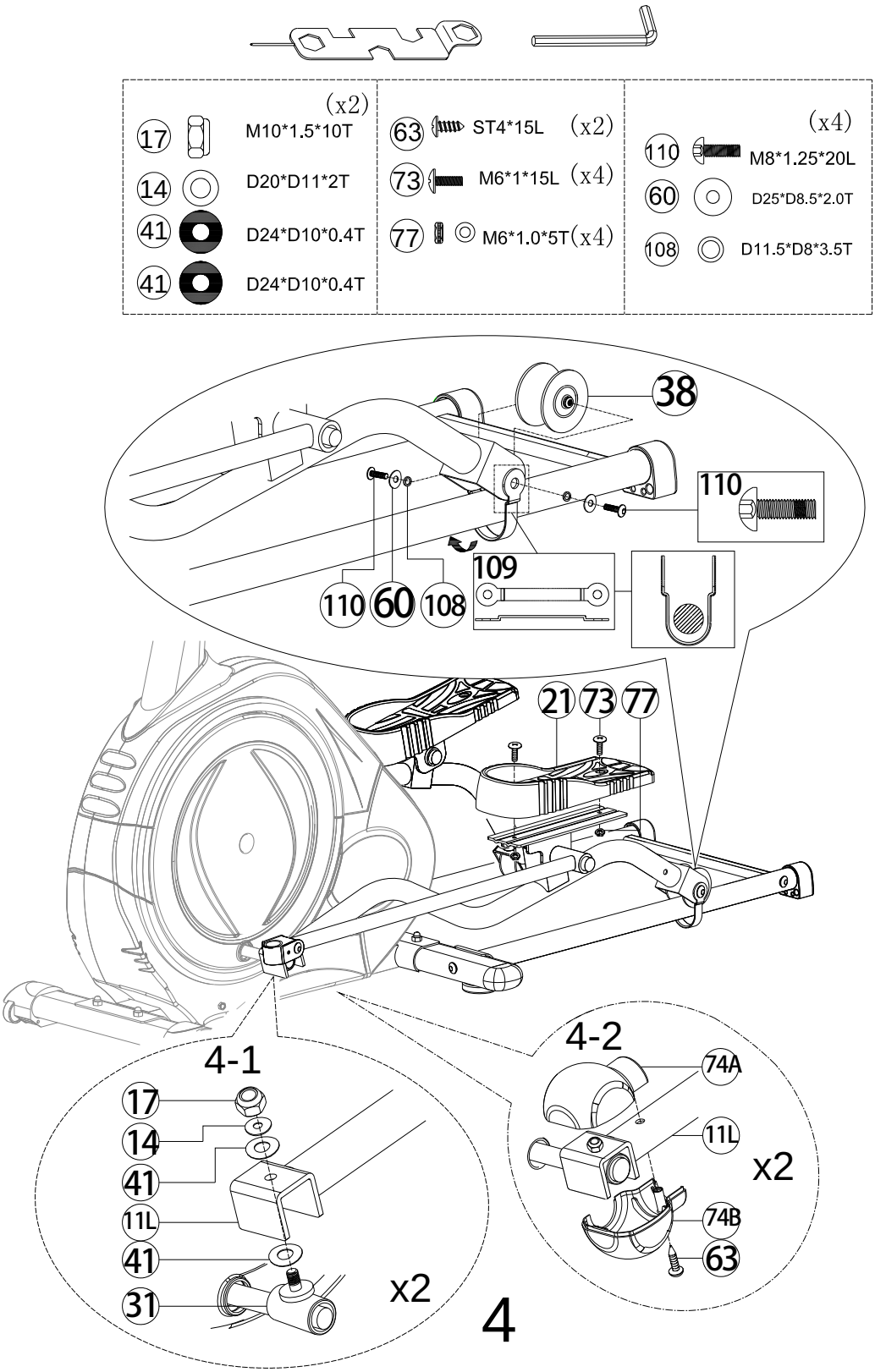
1) Assemble the handlebar post cover (49) to the handlebar post (10) shown as fig. A.
2) Connect the upper computer cable (29) and the lower computer cable (30) shown as fig. B.
3) Assemble the handlebar post (10) to the main frame (1) by the curved washer (6), the spring washer (7), the flat washer (8) and the Allen bolt (9).

Step 3



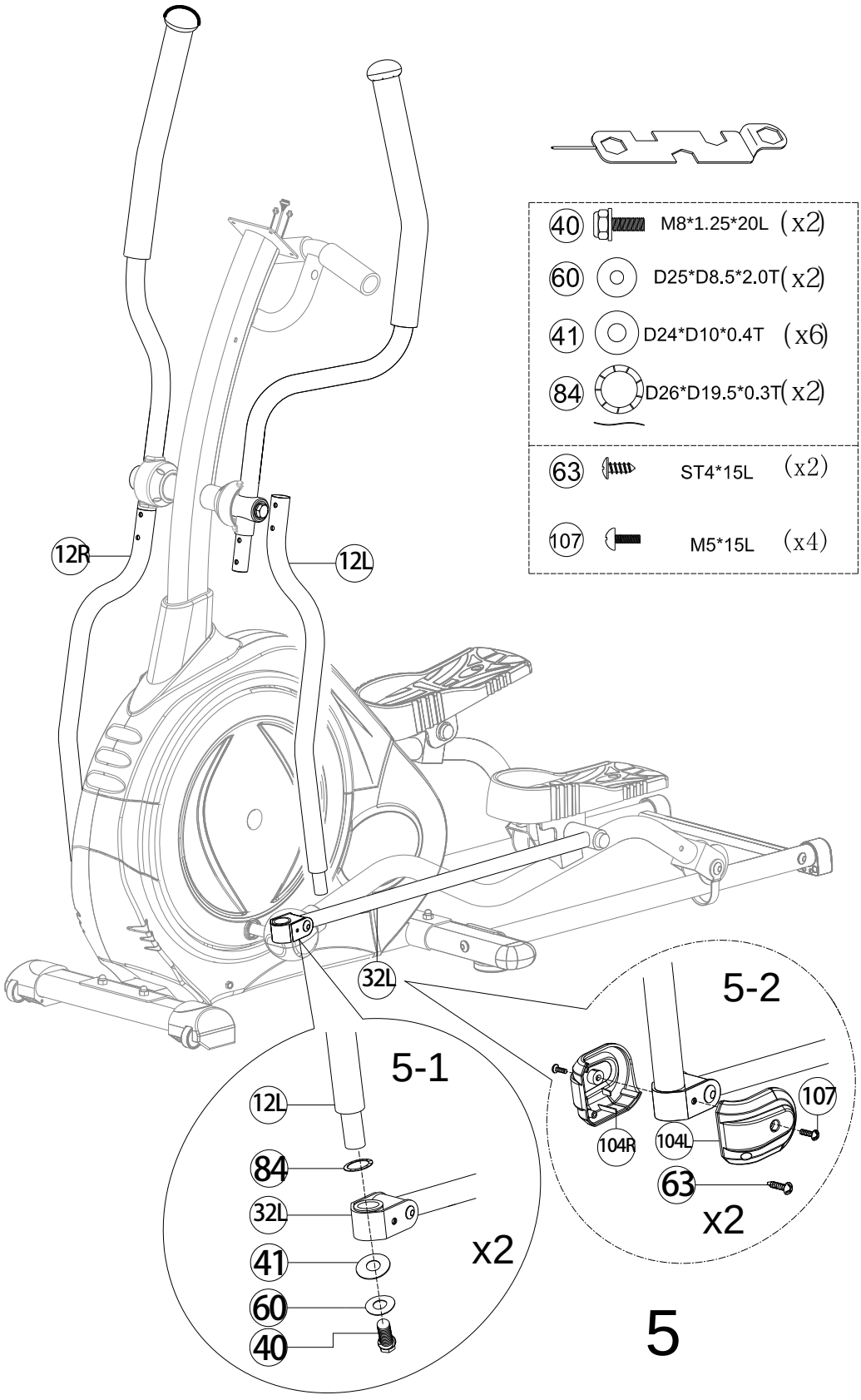
Assemble the upper cover (left) (23L), the waved washer (75), the movable handlebar (52L&52R), the flat washer (60) and the bolt (40) to the axle in turn.

Step 4



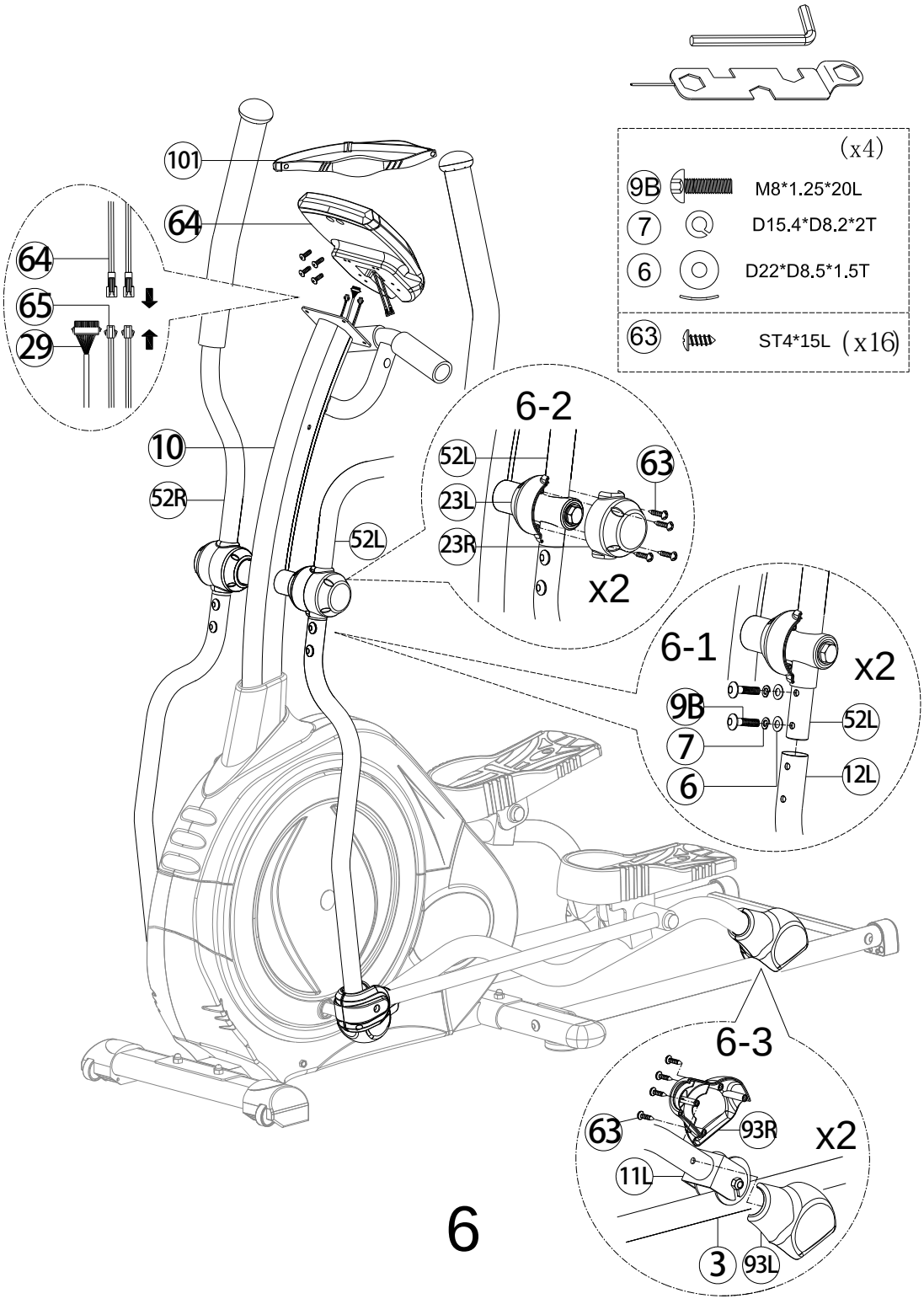
1) Assemble the supporting tube for pedal (11L&11R) to the rolling axle (31) by the Nylon nut (17), the flat washer (14) and the plastic flat washer (41) shown as fig. 4-1.
2) Assemble the upper axle cover (74A) and the lower axle cover (74B) to the supporting tube for pedal (11L&11R) by the screw (63) shown as fig. 4-2.
3) Assemble the wheel (38) to the supporting tube for pedal (11L&11R) by the bolt (110), the flat washer (60), the spacer (108), and the belt for wheel (109). Please kindly note the assembling way of belt for wheel (109) should be correct shown as the picture.
4) Assemble the pedal (21) to the supporting tube for pedal (11L&11R) by the bolt (73) and nut (77).

Step 5



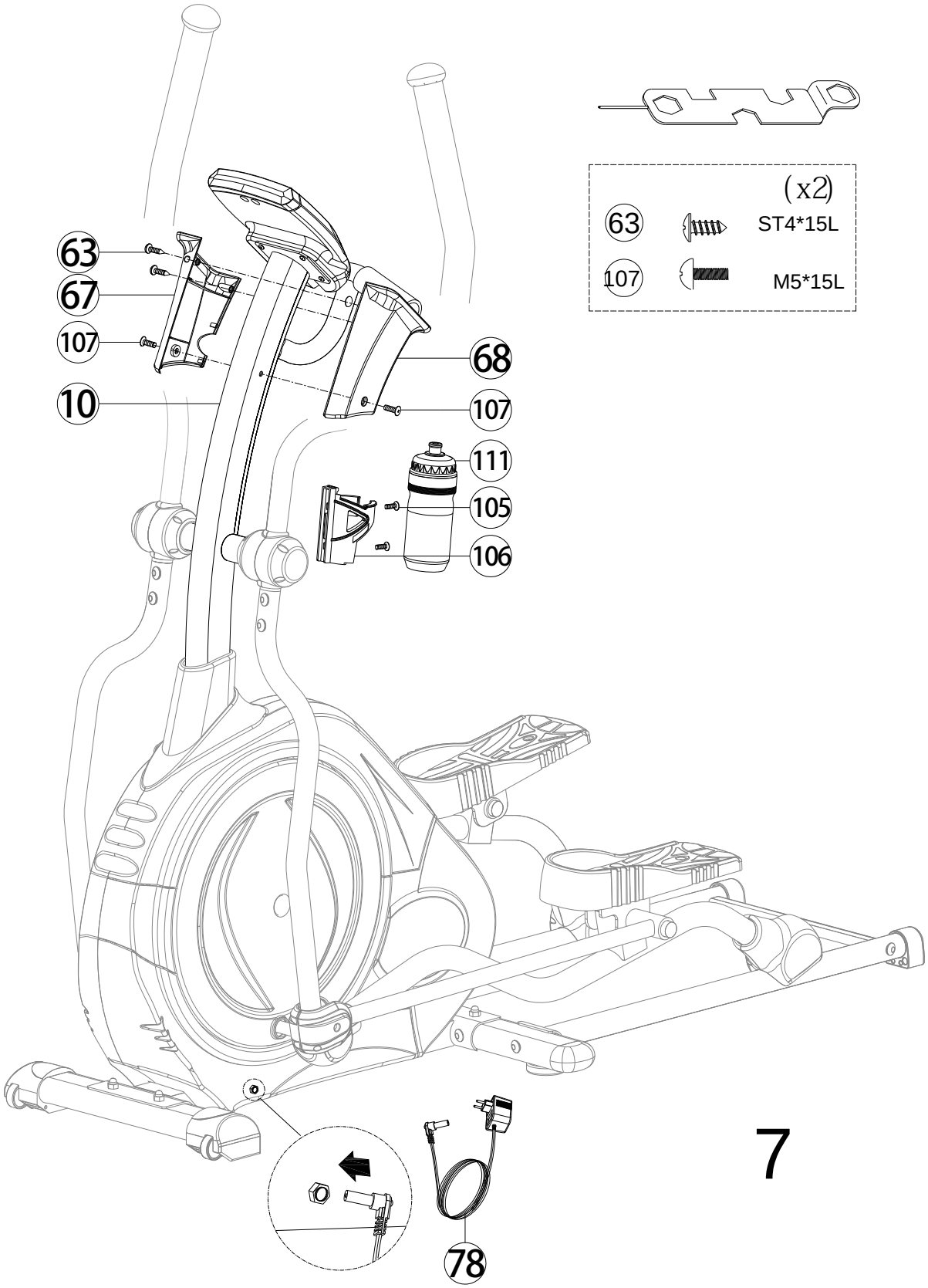
1) Assemble the supporting tube for movable handlebar (12L&12R) to the bracket for pedal (32L&32R) by the waved washer (84), the flat washer (60) ,the plastic washer (41) and the bolt (40) shown as fig. 5-1.
2) Assemble the cover for universal joint (104L&104R) to the bracket for pedal (32L&32R) by the screw (63) and the screw (107).

Step 6



1) Connect the upper computer cable (29) and the handle pulse cable (65) to the computer (64).
2) Assemble the computer (64) to the handlebar post (10) by screws that attach to the computer.
3) Assemble the supporting tube for movable handlebar (12L&12R) to the movable handlebar (52L&52R) by the curved washer (6), the spring washer (7) and the Allen bolt (9B) shown as fig. 6-1.
4) Assemble the upper cover (23L&23R) to the movable handlebar (52L&52R) by the screw (63) shown as fig. 6-2.
5) Assemble the rear axle cover (93L&93R) to the supporting tube for pedal (11L/11R) by the screw (63) shown as fig. 6-3.

Step 7



1) Assemble the left computer bracket (68) and the right computer bracket (67) to the handlebar post (10) by the screw (63) and the screw (107).

2) Assemble the adaptor (78) and turn on the computer.

3) Assemble the bottle holder (106) to the handlebar post (10) by bolt (105). Insert the bolt into the bolt holder.

INSTRUCTION MANUAL OF SM7690-71

【BUTTON FUNCTIONS】

UP	To make upward adjustment to each function data or increase training resistance.
DOWN	To make downward adjustment to each function data or decrease training resistance.
MODE	To confirm all setting.
STAR/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat % Press the BODY FAT button in standby mode and modify user data.

【DISPLAY FUNCTIONS】

TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230 and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

【OPERATING PROCEDURE】

(1) Plug in power supply cord (or press the RESET key for 2 seconds); LCD will have full display with all segments for 2 seconds with a beep. (Figure 1) Wheel diameter value will show in the SPEED column. "E" for EU regulation or "A" for Asian regulation will show in the TIME column. KM (K)/ ML (M) will show in the DISTANCE column for 1 second (Figure 2) and then enter to the SETTING mode. Motor will always go back to zero first and then turn into LOAD=1 and in wait for all settings.

Figure)

Figure 2

(2) The console will enter to the USER setting after determined. (With BODYFAT function) Choose one group within U1~U4 to enter personal data. Enter SEX (Figure 6), AGE (Figure 7), HEIGHT (Figure 8), WEIGHT (Figure 8) and then enter into the workout mode after determined (Figure 9).

Figure 5

Figure 6

Figure 7

Figure 8

Figure 9

(3) In the setting mode (Figure 10), press ▲ or ▼ key to adjust M (Manual), P (Program), ♥ (HRC), W (Watt), and U (User) sequentially in circulation order.

Figure 10

(4) Press ▲ or ▼ key allows user to have MANUAL (Figure 10) → PROGRAM (Figure 11) → HRC (Figure 12) → WATT (Figure 13) → User Program (Figure 14) → MANUAL in cycle order. Press the MODE key to enter into the MODE function display.

Figure 11

Figure 12

Figure 13

Figure 14

(5) MANUAL function setting:

i. Press ▲ or ▼ key to adjust LEVEL value (Figure 15). The console will have flashing text showing on the screen and ready for the adjustment to be determined. Default value will be LEVEL1.

Figure 15

ii. Press ▲ or ▼ key to adjust level value to increase or decrease 1 digit each press; press and hold the key to have +/-2 binary digits each second. Stop when adjustment suspended. LEVEL adjustment doesn't have circulation function.

iii. In the START mode, LEVEL value is adjustable under the MANUAL mode and the text and value of LEVEL will be displayed. WATT value will be shown on the screen after 3 seconds without pressing ▲ or ▼ key.

iv. Press ▲ or ▼ key to adjust values for TIME (Figure 16), DISTANCE (Figure 17), CALORIES (Figure 18), and PULSE (Figure 19) in a circulation order (feature values will be shown on the console screen).

iv. Press the START key to have the implementation of the program (Figure 20). The values show on RPM BAR and PULSE BAR will be adjusted according to changes in the process of movement. Press the STOP key to pause exercising and all values will be retained on the screen (PULSE signal will not be affected). Press the RESET key to return to PROGRAM SELECT.

Figure 16

Figure 17

Figure 18

Figure 19

Figure 20

(6) PROGRAM SETTING:

i. Press ▲ or ▼ key to select one of the 12 PROGRAMS like PROGRAM P01, P02, P03, P04... P12. Corresponding graphics will show flashing texts (Figure 21) on LCD.

Figure 21

ii. When a PROGRAM is chosen, the value will be shown in flashing text in the LEVEL column and ready for the adjustment to be determined. Default value will be set as LEVEL1. Press ▲ or ▼ key to adjust the value in LEVEL mode. The console will show instant display graphic according to the changes of adjustments. (Figure 22) Press the MODE key for LEVEL value confirmation.

Figure 22

Figure 23

iii. LEVEL value is adjustable under the START mode and the text and value of LEVEL will be displayed. WATT value will be restored after 3 seconds without pressing ▲ or ▼ key.

(7) When H.R.C. mode is selected (Figure 30), LCD display will show age as default value of 25 (adjust with ▲ or ▼ key) (Figure 25). Press the MODE key for confirmation and press ▲ or ▼ key to choose 55%, 75%, 90% or TARGET. (Figure 26~29) The default value that's calculated according to user age input will be shown in the PULSE column with 1HZ flashing text For example: When a TARGET mode is selected; LCD will show value of100 in flashing text. Press ▲ or ▼ button to set TARGET value (30~230) with circulation function. Press the MODE key and ▲ or ▼ key to set TIME (Figure 30). Press the START key to start the program.

Figure 24

Figure 25

Figure 26

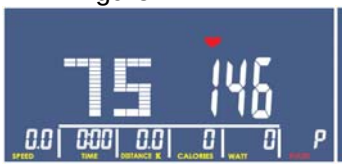


Figure 27

Figure 28

Figure 29

Figure 30

(8) When User Program is selected (Figure 31), chosen USER PROGRAM data (U1~U4) will be loaded automatically. User can press ▲ or ▼ key to set a PROGRAM pattern (that is, each axis corresponds to a LEVEL value) that has flashing display texts and the light will be fixed after determined. The text and value will be ready for adjustment in the LOAD column. LEVEL value will be shown in flashing text. Press the MODE key for confirmation. A complete timeline has 8 PROGRAM patterns in total to be set and the PROGRAM will be in accordance with the implementation. (Figure 33) Press the MODE key for 2 seconds to stop the process and the timeline will be set as the value from last adjustment. Press ▲ or ▼ key for TIME setting and press the START key to start the program.

Figure 31

Figure 32

Figure 33

(9) When WATT (Figure 34) is selected, the WATT value will be shown in flashing text waiting to be adjusted. Default = 120 will be shown on LCD (Figure 35) User can press ▲ or ▼ to set WATT value. Press the MODE button for confirmation. Press ▲ or ▼ for TIME setting (Figure 36) and start workout by the WATT value and exercise status user inputs for LEVEL value automatic adjustment. WATT value can be adjusted by pressing ▲ or ▼ key.

Figure 34

Figure 35

Figure 36

(10) BODY FAT: Press the FAT key to measure fat is executable under STOP mode. UX will be shown on LCD for 2 seconds (Figure 37) before entering into the test screen (Figure 38~39). Test will be processed after detecting a heartbeat from the handgrips (Figure 40). FAT% (Figure 41), BMI (Figure 42) and weight symbols (Figure 43 ~ 46) will be shown on screen after 8 seconds. Press the FAT key for 2 seconds under STOP mode will enter into personal data for AGE, HEIGHT, and WEIGHT setting. Press the MODE key for confirmation after determined to start the program. If there's no heartbeat signal during testing process, the input will show E-1 on the screen. (Figure 47) If the test value is out of the FAT% range 5~50 (BMI 5~0), E-4 will be shown on the screen (Figure 48).

Figure 37


Figure 38


Figure 39


Figure 40

Figure 41

Figure 42


Figure 43


Figure 44


Figure 45


Figure 46

Figure 47

Figure 48

(11) RECOVERY: When there's a heartbeat signal input and display value under START or STOP mode, press the RECOVERY key to execute function. LCD will only display TIME, PULSE (Figure 49), TIME will countdown to 0:00 and the FX value will be shown on the screen (F1~F6) (Figure 50). Press the RECOVERY key to return to previous display during the test or when the test is accrued. A heartbeat signal is required to continue detecting to demonstrate the actual value of the heart rate.

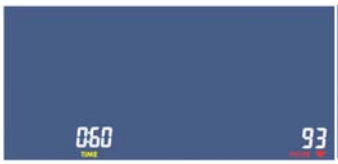


Figure 49

Figure 50

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